

Wellness Initiatives as a Tool For a Healthy Workforce: *High Tea Anyone?*

Joan Rueter Carapucci, PA-C
Physician Assistant Supervisor

2009 DOE ISM Conference

August 26, 2009

This work was done by National Security Technologies, LLC, under Contract No. DE-AC52-06NA25946 with the U.S. Department of Energy.

Biography for:

Joan Rueter Carapucci, MT (ASCP), MPAS, PA-C

Joan is currently the supervisor in the Occupational Medicine Clinic for the Nevada Test Site and was instrumental in developing a new Wellness Program for that facility. Originally from Philadelphia, she received her B.S. in Biology at the University of St. Francis in Illinois, her Medical Technologist (MT American Society for Clinical Pathology [ASCP]) Certification in Philadelphia, her Physician Assistant (PA-C) degree from Philadelphia University, and her master's in Physician Assistant Studies from the University of Nebraska Medical School. During her career, Joan has supervised clinical laboratories, was adjunct faculty at several universities, and worked in urgent care and family practice medicine. In addition to her current duties in Occupational Medicine, Joan spends most weekends practicing child and adolescent psychiatry in the Las Vegas area. Joan has lived in Las Vegas for 10 years with her husband and two sons. She remains an "East Coast Girl" at heart.

Wellness 2009: *WHY?*

- Aging workforce
- Decreases medical costs
- Reduced non-occupational visits
- Employee job satisfaction
- Stress reducer
- Overall improved safety



The Early Stages

- Medical Director: “Revitalize existing program”
- Core group reviewed previous program
- Decisions:
 - Ongoing program versus periodic
 - Informative but fun versus punitive
 - Pertinent and relative topics geared toward workforce
 - New topic each quarter with extensive “rollout”
 - Supporting events throughout the quarter



Quarterly Topics

- First Quarter: Healthy Weight Management and Fitness
- Second Quarter: Stress and Anxiety Management
- Third Quarter: Cancer Awareness and Prevention
- Fourth Quarter: Complimentary and Alternative Medicine



WELLNESS

Quarterly Rollout Events

- Large venue
- Subject related manuals
- Applicable vendors and exhibitors
- Informative presentations
- Giveaways
- Raffle prizes



Supporting Quarterly Events

- **Healthy Weight Management and Fitness**

- Heart Walk
- Healthy Dessert Tasting
- Employee Cookbook
- Weigh-ins
- Blood pressure checks
- Pedometer giveaways
- “Walk the halls”
- Wii Fit Drawing

- **Stress and Anxiety Management**

- Meditation sessions
- Professional lecture series
- Knitting/crocheting groups
- Stress walk
- High Tea

Supporting Quarterly Events (cont.)

- **Cancer Awareness and Prevention**
 - Lunch and Learns on Prostate/Cervical Cancer
 - American Cancer Society Lecture
 - Skin cancer screenings
 - Oral cancer screenings
 - Breast cancer walk
- **Alternative and Complimentary Medicine**
 - Acupuncture sessions
 - Reflexology
 - Lunch and Learn with Homeopath
 - Aromatherapy sessions
 - Yoga

Employee Response

- First quarter more than 400 at rollout
- Second quarter more than 600 at rollout
- Supporting events averaged 100–200 attendees per event
- Continuous positive feedback on events
- 100 subscribers for supportive emails
- Increased visits to our Occupational Medicine website



Potential Topics for 2010

- Graceful Aging
- Everything Kids
- Biggest Loser – Quitter
- Substance Use and Abuse



Summary

- Potential for cost savings
- Employees are taking home what they learned
- Positive response to the new twist on wellness
- Limited funds expended
- Variety keeps employees motivated and coming back
- Satisfied employees

physical

occupational

emotional

spiritual

intellectual

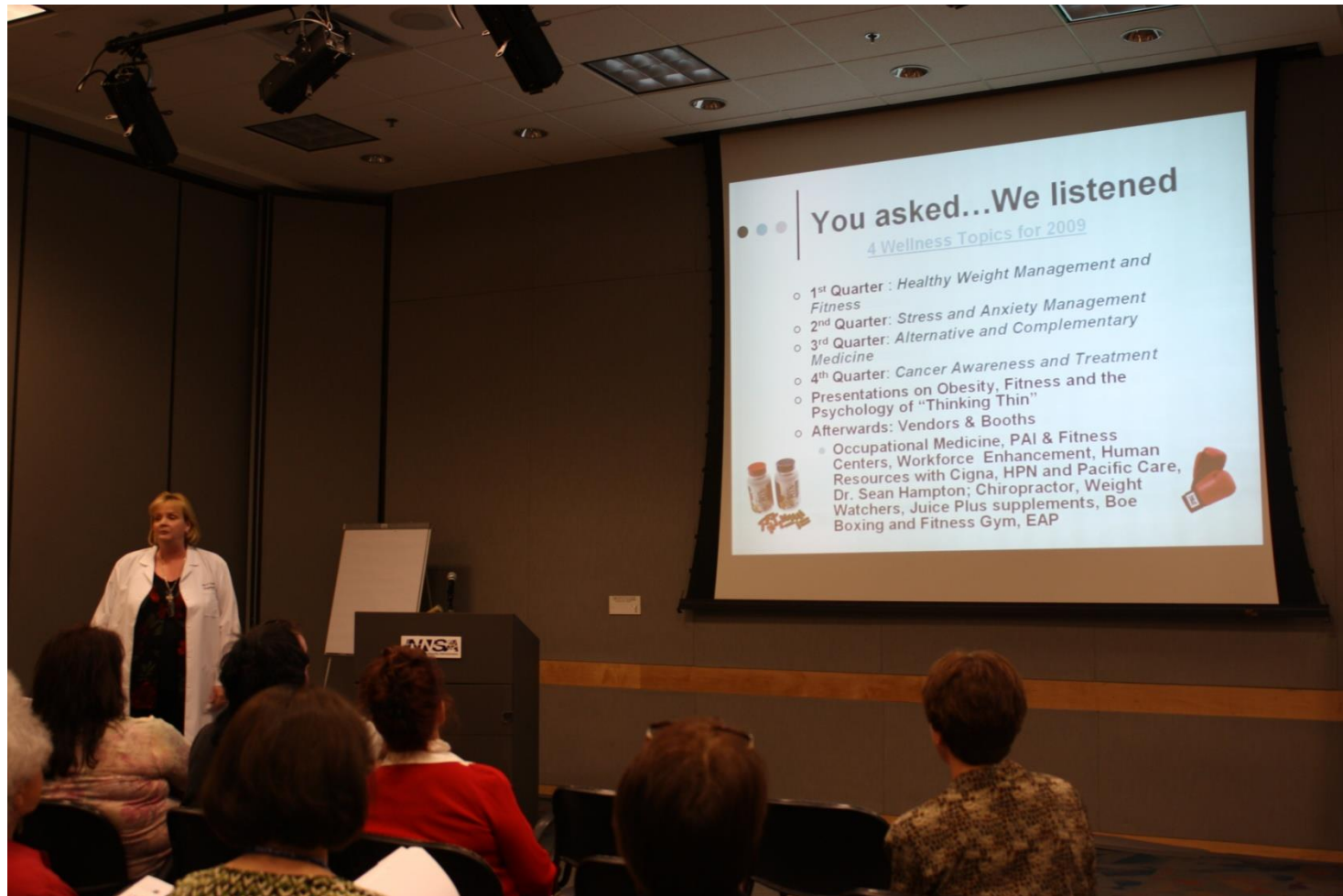
social

wellness
WORKS

First Quarter Rollout



Informative Presentations



Heart Walk



Dessert Tasting



Raffle Prizes



Second Quarter Rollout Event



Stress Walk



High Tea



Vendors and Exhibitors



*M*editation and Blood Pressure



Questions?

